

Date: July 16, 1984

Author: Jim Gordon

Category: Gordon and other Talks-Reports

UNDERSTANDING THE FLOW - Jim Gordon

July 16, 1984 - Meditation on the Flow of Love, Light and Sound

8:30 A.M.

In meditation I was shown much about how this soul begins to work in the physical structure of man to bring about certain levels of illumination and awareness. And I have been shown why the meditation of the Master of the Heart has been given.

In order for the soul to function in the physical body of man in the physical universe of man - consisting of the physical body, the astral, the causal, the mental and the etheric levels - it is essential that certain channels of communication between the lower and the higher self (that of the soul) be open ^{so the} communication can be clear and be given with love. If communication comes through that does not have love attached to it, you consider and wonder if it is from the mind level, the etheric level of consciousness within the physical universe, rather than from the soul. All energy that floods then from the soul itself enters in as well and therefore it goes into the heart area itself. The heart seems to be the seat and the entrance for the soul into the physical expression that we call the body of man. As energy floods in through the back of the head, the neck and the shoulders and comes down to a point in the heart itself just below the actual physical seat of the heart - this is where the chakra is - just below the heart - and the energy floods upward then, giving life to the heart and upward into the head centers eventually. It forms a tunnel of light that goes up affecting the heart, throat and other areas in the head besides just the pituitary and the pineal = it seems to flood the whole brain area, bringing new light and understanding to this area. For knowledge, understanding, wisdom and the experience of the soul, one needs to

the heart to open up and let this great love of the soul begin to flow into it and then the light will begin to move upward into the different areas up into the head itself, flooding the entire area with great light and love. As this happens, you will find that as you are seated within the heart center itself great amounts of understanding and wisdom will flood into you and all universes seem to come to you. You don't go out to them, they come to you. It seems to just go through your consciousness - just move throughout your whole being as you sit quietly in meditation. Whatever you seem to need at that moment - to understand, to feel, to experience or just to be, it comes to you in that manner. So there is really no going out - there is a going in and allowing all to come to you, rather than you having to go to it.

It is important that one understands that you have to relax the entire lower being of your nature - the physical, emotional, astral, causal, mental and etheric (unconscious mind) in order to have this great flow from the soul begin to move within you. This is the current that will carry you upward but it has to flow down into the heart and then up with awareness. This constant flow is taking place all the time we are existing in the physical universe with a body but it's tuning in to this flow, becoming one with it and moving with that flow that is the difference between a soul conscious, a soul-transcendent being and one who is caught up within the physical universe. In order for this awareness to come about one must work to handle the responsibilities of daily life in the physical world. The three lower chakras have to do with these responsibilities of handling this world. Until one understands those responsibilities and handles them properly, oftentimes they

are going to have a difficult time entering into the heart and finding that sense of peace and love and union with the soul. Because the physical responsibilities will always tend to pull them back down into physical awareness, physical consciousness and get them caught up in the mundane rather than let them rise up into the higher levels of consciousness. It is important for a student to remember that in order to progress along the inner path, he must work to overcome. He must work to understand. And he must work to handle all the physical responsibilities. I say overcome the physical because if you handle the responsibilities properly, surely you move above those responsibilities and they seem to handle themselves - they seem to flow without you having to be so caught up in them. Truly you will have to be there in the physical and work with those responsibilities and make sure that they continue to move in a pattern in accordance with your own development. But you will find that you will not be caught up in them. You will not be burdened with them and you will not be distracted by them. This is overcoming. If you take care of those responsibilities, you will find that you will begin to rise above them and move into the spirit level of awareness into the heart itself, in to the soul and into the flow of the Holy Spirit - that light and sound current of God.

This Light and Sound current is the creative flow. So as you enter into this flow of light and sound, you will begin to understand more of creation and more of the creator - that divine essence of God which is in each of us. As you move into this divine flow, you will then find yourself able to touch every plane of existence/that exists throughout creation. Because this divine flow moves throughout all of creation and is the source of creation. In

its downward movement it sends forth the energy of light and sound as creation. It goes forth creating, manifesting, being. In its upward movement it begins to draw back its creative essence unto itself, moving ever upward to the divine essence - the creative source that we all are a part of and are moving towards. This, then is the meaning behind the divine flow of the Holy Spirit. And this is how one comes into manifestation and how one goes back to total reality within God. In the beginning was the Word - that divine flow of the Holy Spirit -- and it went forth in creation and brought forth in creation all of the manifestations of the different levels of the universes so that the divine essence of God - those divine sparks of himself could go forth and experience and learn and know itself better. For in the beginning God was but in that state he did not know himself fully - he did not understand his full potential - so in order to become more aware of self - to understand self totally, he began searching within himself to know the divine essence of himself. And in this search creation came into being.

At first all was void in essence - quiet and there was nothingness in this state. Then with the creative thought of awareness came forth movement and that movement is creation. And as this divine essence became more and more aware of itself, more and more thought patterns were created. More and more movement of awareness was set into motion and creation continued until now we have the many universes of the creative awareness of the divine essence manifesting, being, so that God is becoming more and more aware of self. Once that divine energy has reached an awareness in this existence of creation in the physical levels - in the physical universe - it needs not remain here but can then return back unto itself with full awareness of itself, so that it can take back this energy of self and use it better for the creative purpose - to become a co-creator and this

divine energy flow of creation. So you have the energy flow downward into manifesting in these different levels of the universes. So that self can become aware of self. Once awareness has been fulfilled, it flows back upward collecting from all these different levels of universes different levels of self, pulling back up this divine essence unto itself with full light and full awareness. This, then is the divine flow.

This divine flow is something that each of us is already connected to but we must become aware of and move into consciously if we wish to be liberated from this physical universe and move back into that divine essence with awareness. So we move inward and we see ourselves within the heart - the seat of our soul - rest here. And as we are seated at this point in our being, we begin to open up our own consciousness to the awareness of the divine in us. We begin to see this divine essence of light and sound within our own being. As we look up we see the light and sound current flowing downward into our very essence, into our very being within the heart itself. Within this vortex of energy we become aware of God and we become aware that we are in God and God is within us. And as this light comes forth, it begins to move upward once again and carry us upon the path of the divine flow of the Holy Spirit. And we begin to move upward through our own being in the physical universe. Up and beyond the physical and eventually back to the soul itself. As we move upward, we begin to be aware of the different levels within the universe itself. We become aware of the different levels of our own being that relate to these different realms within the physical universe.

With this awareness, we begin to collect unto ourselves all of our own light and sound - all of our own divine essence that is

expressed within these different realms of the physical universe. And you will find on the physical level, within the physical body that all things seem to come together for you - all the essence of your life seems to flow back unto yourself and collect around you. You become detached from this physical world and become centered once again within your own being. You will find the same collective energy taking place within all levels of the physical universe - within the astral, the causal, the mental and the etheric levels. You will begin to collect all of your divine essence back unto yourself back unto this path of light and sound so that you can take all of this part of your being back unto the soul from which it came.

Once you have achieved this - collective energy flow - this centering within the light and sound of the Holy Spirit - your spirit - that divine essence of God - and you move upward and out of this physical universe consciously, you have achieved soul liberation. This essence of light and sound then goes back into the soul from which it came. It needs not descend back into this universe any more for there is nothing here to pull it down - there are no anchors, there are no strings attached. But if you leave a part of yourself behind, then you must return yet again and collect that essence, that divine part of you and retrieve it back into the soul. It is from the soul level that the divine essence of God descends downward into the physical universe and it is at the soul level that one achieves liberation from the physical universe. But in order to do that, you must be totally liberated - totally free from any attachments in the lower realms.

If there are yet parts of the divine essence of self resting within certain realms of the physical universe, then you will find yourself yet coming down once again, entering into the center of your being and gathering together those parts until finally in some

lifetime - either this one or the next or the next - you will have collected all of those particles of self with full awareness of self and full awareness of these levels of creation and you will ascend upward into the light and sound and back into the soul. And then the soul begins its journey upwards and begins to go into other realms of its being, centering itself, collecting itself on other levels of other universes beyond the soul and ever moving upward to the level of spirit where all is one in awareness of self and the divine essence of creation.

Eventually, within this divine flow one achieves union with the all. That point in light and sound, that point in creation from which we came we all shall return. But we shall return with full awareness of self - the God self. And we shall enter into our own divine expression with full awareness of being. It is there that we shall be seated at the throne of the divine - within our own essence - within our own being. This, then, is the divine flow of creation. This, then, is the flow of the Holy Spirit - of the light and sound current of liberation.

It is said you may die one death in this physical body. But then you must return to yet another in order to continue your growth and your expansion of awareness. But if you die daily, if you die the little death within, you can begin to liberate yourself from this place and move beyond to the soul. To die daily means to go within - to center yourself within this divine flow current - and to die to these different realms within the physical universe. To die means to lose consciousness within that realm so that it has no more meaning to you. You have awareness of it, you have understanding of it but you have no attraction to it. So go within daily - die

the little death daily to these different realms and move ever upward in the flow of the divine current and become one with the soul. Be seated within the heart so that one day you might be seated within the heart of God.